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Bake a Tasty Pudding...

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NO. 6

Bake a Tasty Puddinge . . .

By Ella Gertrude McMullen

Or a Christmas Pye

" . . . hard by,
Plum porridge stood
And Christmas pye."
—Sir Walter Scott.



N MERRIE OLDE ENGLAND, puddings and cakes, adorned with holly "to keep the witches a way," lent a festive note to holiday tables, and even today no Christmas dinner

is quite complete without a tasty cake or a steaming pudding.

According to English tradition, the Christmas dainties held potent charms for all who tasted them. It was unlucky to eat any of the forbidden finery before Christmas Day, and each pudding or cake, sampled on the days immediately following Christmas, would bring good fortune for one month. For the best fortune, then, one tasted at least twelve different puddings for twelve months of good luck.

Dire tragedy was the fate of cooks who failed to have their cakes and puddings ready by daybreak on Christmas—the official opening of the festivities. The tale is told of two young men who took one negligent cook by the arms and ran her around the market place till she was ashamed of her laziness!

RECENT changes in concocting plum puddings and fruit cakes do not affect the ingredients—for even the most modern of the moderns do not object to indulging in the so-called "heavy" desserts on this cherished day. We simply adapt our modern methods of cooking, serving and storing to the original recipes. And no longer do cooks fear punishment for cakes not baked by Christmas Day, since the supply is made days or even weeks before, is carefully wrapped and stored away.

The first of our modern amendments to old-fashioned cake-making concerns

the setting for the batter. Heavy paper linings in the baking tins are essential—they make it certain that the cakes will come out of the pan without sticking and breaking, and they protect against scorching. Two linings are needed; one of heavy brown wrapping paper next to the tin, and one of a firm quality waxed paper next to the cake.

To cut the brown paper for an oblong tin, place the tin on the paper and draw a pencil mark around it. Measure the depth of the tin and make another line that distance from the first. Cut around on the outside line; then cut diagonal lines at the four corners from the outside to the inside pencil line. Fit this into the pan, smoothly lapping the corners to make the lining double there, and creasing the paper sharply in all the turns so that the cake will not be marked from creases in the lining.

The waxed paper is cut differently so that it will strip off the cake easily. Cut one strip the width of the bottom of the pan and up to the top at both ends; cut another piece as wide as the pan is long and up to the top of the pan on both sides. Trim them off so that they will lie perfectly flat on the pan.

The second amendment we must adopt if we are to be strictly modern is in the covering of the batter after it is in the pan. One layer of cheesecloth is used to absorb any excess moisture and one of waxed paper underneath it next the cake or pudding, so that none of the moisture can get through, and so that if the cake rises to the top of the pan in cooking it will not stick to the cheesecloth.

The one best method for cooking the Christmas desserts, say our modern friends, is steaming followed by slow baking. The batter is best handled in

small tins of one or two pound size and is also cut more easily for serving in thin slices. One-pound cakes are about the size of a brick of butter and give six to ten servings. Two-pound cakes will fit into a pound candy box. The smaller cakes should be steamed for three hours and the two-pound cakes for four hours; then the cloth and paper covers removed, and the cakes baked at 275 degrees Fahrenheit in a slow oven for one hour to dry them out a little.

For steaming, either a regular steamer or an improvised one (which is none other than a roaster with a rack in the bottom) may be used. Either may be put over a surface burner; however, it is easier to put the steamer in the oven, and if the stove is equipped with an oven

heat regulator, merely adjust the regulator at a low temperature and let the cakes steam for the length of time necessary.

In this way there is no chance that the water will boil dry, ruining the pans and perhaps scorching the cake, as sometimes happens over a surface burner unless more

or less constant attention is given.

Between steaming and baking is the best time to decorate—and of course we wouldn't dream of a Christmas dessert without decoration! To hold the decorations in place use a little white of egg on the back of each piece as it is put on. Then the baking at the low temperature toasts almond decorations to a delicate brown, but these and cherries and pineapple as well, will stand out perfectly. Avoid high temperature to prevent too much caramelization and darkening of the sugars since these cakes scorch easily even inside their wrappings.

And now the cake is done! Remove it from the oven and let it stand upside

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Make me merry
Both more and less,
For now is the time
Of Christmas!

—Old English

Of all the trees that spring in wood,
The holly bears the crown.

—Old English Song

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"ON THE CAMPUS"

Tastes Like Spinach

By Alice Morrison

"WHAT kind of vegetable is this, anyway?"

"Why, it looks to me like cauliflower."

"Yes, but whoever heard of green cauliflower? It tastes something like spinach, and it's green."

Modern America is being confronted with the problem of preparation and consumption of a relatively new vegetable, broccoli. Formerly this term was applied to the various forms of cauliflower, but with the appearance of the true Italian broccoli the terms began to be confusing, and so each vegetable was given its own name.

Although broccoli does resemble cauliflower in its shape, and spinach in its color, it is truly a member of the cabbage family. When it is in season during the winter and early spring, it is largely supplied by growers in Texas and California. Each year the supply has increased due to a growing demand on the part of American housewives for this new vegetable, the flavor of which is a combination of cabbage, asparagus, cauliflower and brussels sprouts.

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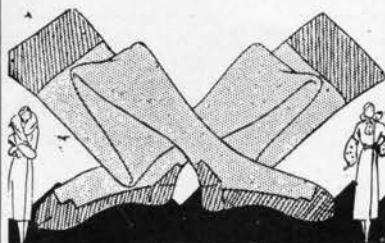
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Due to its green color, it should be cooked in tap water, uncovered, until it is tender but firm. After being cooked about 7 minutes it may be prepared for the table in a number of ways. One of the most delicious ways is this Italian method:

Add to the tender broccoli a sauce prepared in the following way: Assemble ½ tablespoon of lemon juice or vinegar, ½ cup melted butter, 1 egg yolk, and salt and pepper to taste. Mix the ingredients well and pour over the broccoli.

Other sauces may be used for variation.

Louise Mohr

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Grace Hoover, Y. W. secretary," she says, "every girl should sometime include the Y. W. C. A. in her campus activities."

This year Louise is serving on the Y. W. Cabinet as member at large. She was a Campus Sister Key in the Campus Sister organization this fall. She is also a member of Phi Upsilon Omicron, home economics professional honorary.

Louise has always shown an interest in working for herself. Even before she came to Iowa State she taught in a grade school for two years. Waiting tables near her home town occupies most of her summer vacations.

The future? Louise is carrying a split major of institutional management and dietetics, and expects after graduation, to become a dietitian.

Bake a Puddinge

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down for a few minutes until the paper will strip off easily. When it is completely cooled, store it in a bread box lined with wax paper. Fruit cake or pudding is not nearly so good when it is

FOAMY PUDDING SAUCE

- 4 T. butter
- 2 egg yolks
- ½ t. vanilla
- 1 cup pwd. sugar
- 2 egg whites
- ½ cup cream, whipped

Cream the butter, add sugar gradually. Add well-beaten egg yolks and beat over hot water. Fold in stiffly beaten egg whites, vanilla, and whipped cream, if desired. Serve hot.

fresh as it will be after a ripening period of two weeks or longer. If cakes are put away before they are completely cooled, there is great danger of molding.

We would scarcely recognize Friend Cake as we see him sailing decorously

into the dining room above the head of a very proud waiter, for no longer is he judged by weight or color or texture, but

SUPREME SAUCE

- 1 cup sugar
- 2 egg yolks
- ½ cup hot water
- 1 cup cream, whipped
- 1 t. vanilla

Cook sugar and water until syrup spins a thread, or 238 degrees F. Pour hot syrup slowly over well-beaten yolks, beating constantly. Beat until creamy, add flavoring. Fold in stiffly beaten cream just before serving. Serve cold.

here he is—a mere slice in a sea of creamy pudding sauce. Perhaps it is the good old standby, Clear Pudding Sauce, or one of its many fruit variations, or again it may be one of the newer relatives, Foamy Sauce or Supreme Sauce.

Let Him Decide

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thing after another until about at the age of five he is quite independent in his dressing and undressing. Parents can foster the growth in responsibility at this point if they allow the child sufficient time to carry out the task. The buttons and buttonholes should be large enough so that small fingers can deal with them effectively. And then last of all don't expect him to live up to the adult standard of achievement. Instances from the nursery school will illustrate what is meant. Susan dressed herself after her nap, and put her dress on wrong side out. With a shout of delight she said, "Button the back, I dressed all by myself." What should the teacher have done—squeal the satisfaction in doing a task alone by asking Susan to put the dress on right side out? With explanation to an understanding parent Susan was permitted to wear her dress home wrong side out.

In another instance Peter came to school one morning with a note for the Nursery School teacher. The note read, "Peter dressed himself for the first time this morning and when he was through I discovered he had no underwear on. Have him wear this extra sweater until nap time, and let him put his underwear on when he gets up." This was a wise mother, who understood the importance of the feeling of success in the matter of taking responsibility. Confidence in his own abilities helps him to face the world squarely, a factor in responsibility. Sometimes we expect too much and then we find the child begins to protect himself

by refusing to do anything, insisting that, "I can't."

The parents' part consists in furnishing equipment the child can use with ease; as in the case of low hooks for wraps and towels; clothes and playthings that he can manage, and allowing time to do things is a real necessity.

Right here he may need to learn when to take help. This is true in case he needs to wash to take an unexpected trip to town. "I know you can do it yourself, and at another time you may, but now we must wash and get ready to go to town and I'll help you," is a way of meeting the matter and is sometimes necessary.

The development of responsibility for his own things, particularly playthings, brings a cry of distress from parents. Pitched battles, rebellion in the child, tension and a feeling of annoyance are often involved. In this case we need a type of control based on understanding and insight. First of all, let us ask why the child does it. For the same reason that we do not keep our dresser drawers straight or answer letters. It is a bother to do so. Tidiness is a social virtue. The adult needs to maintain control of self and treat picking up toys as a learn-

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